



# *Sleep Safe*

*“Every Indian Child Goes to Sleep in a Home Protected with a Smoke Alarm”*

## **Background:**

The American Indian Head Start Programs Branch, Indian Health Service and the United States Fire Administration are collaborating on a joint effort to implement a special initiative entitled ***Sleep Safe***. The ***Sleep Safe*** project goal is to reduce the rate of fire and burn injuries among American Indian and Alaska Native (AI/AN) children ages 0-5 enrolled in Tribal Head Start Centers participating in the Sleep Safe Program. This goal will be achieved by:

- Increasing the percent of operable smoke alarms in homes of AI/AN children participating in the Sleep Safe Program.
- Providing fire safety educational curricula to Head Start programs to increase awareness among American Indian and Alaska Native families and among childcare providers of children ages 0-5.
- Promoting community coalition development, community data collection, and community fire safety activism.

This notice solicits letters of interest from tribal head start programs that are interested in implementing a ***Sleep Safe*** project in their community. Each selected Head Start project site will receive:

- a ***Sleep Safe*** Fire Safety Curriculum Module
- 10-year smoke alarms provided to selected Head Start families.
- a two-day ***Sleep Safe*** project implementation training session for Head Start ***Sleep Safe*** Coordinators.
- Technical assistance on fire/burn prevention issues.

Due to limited funding available for this program, all letters of interest will be reviewed and selected on a competitive basis.

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## **Each Letter of Interest must include the following information:**

1. **Brief Description of the Tribe and Community to be served by This Fire Safety Project.** This includes information about Tribal population, location, and fire safety activities conducted in the Tribe or community.
2. **Brief Description of the Head Start to be served by this Fire Safety Project.** This includes a brief description of Head Start center staff, number of children under five years of age, number of Head Start Centers serving the Tribe or community, number of Head Start Centers to be served by the Sleep Safe Project, description of parent committee(s), previous fire safety/injury prevention activities/education, a list fire prevention partnerships developed, and other ongoing health projects.
3. **Smoke Alarm Need.** Each Head Start Center should indicate the number of smoke alarms that are needed for families served by the Head Start Center that will participate in the *Sleep Safe* Project. Identify staff (head start, fire dept., environmental health) that will install smoke alarms. We recommend installing at least one smoke detector per house (or one detector per each floor of the house)
4. **Burn injury Data About Your Community.** This includes providing the number of burn /scald injuries from IHS/Tribal hospital and clinics, current smoke alarm usage survey results, and/or news articles on local fire/burn injuries.
5. ***Sleep Safe* Project Coordinator.** Each letter of interest should identify someone who will serve as the Project Coordinator. This could be the Head Start employee or a community partner such as the Environmental Health Officer, Injury Prevention Coordinator or fire department staff. The Coordinator must be someone with the time and skills required to coordinate the overall implementation of the *Sleep Safe* Program at the Head Start Center. Other Coordinator's responsibilities include: implement the Sleep Safe curriculum to staff, student, and parents; must coordinate with Head Start staff or community partners to install smoke alarms and conduct follow-up visits; administer the necessary progress reports to IHS project officer.

The Coordinator will be required to attend a two-day training workshop in Minneapolis, Minnesota, August 3-4, 2004. The coordinator will also be responsible for monitoring and reporting program progress to Sleep Safe Project staff.

6. **Environmental Health Staff Support.** Each letter of interest should indicate the support and assistance of the local IHS/Tribal Environmental Health or Injury Prevention staff. Injury Prevention is a major component of all IHS/Tribal Environmental Health programs. Environmental Health Officer/Injury Prevention Coordinator will assist the Sleep Safe Coordinators with implementation of the Sleep Safe program (assisting parent/staff training, program monitoring). It is strongly recommended that IHS/Tribal Environmental Health/Injury Prevention Coordinator attend the two-day training workshop in Minneapolis, Minnesota.

7. **Examples of Support.** This includes letters of support from the tribal chairperson, the Tribal health director, HIS/Tribal injury prevention/environmental health staff member, fire/EMS department staff, and/or IHS Area injury prevention specialist. Please specify organizations and individuals that can assist with specific tasks with the project (i.e. assist with the installation of *Sleep Safe* smoke alarms into the homes of Head Start Center families).

**Deadline:** Letters of Interest must be received at the office designated below by close of business **May 7, 2004**.

**Address:** Letters of Interest must be submitted to: **Indian Health Service, ATTN: Harold Cully, 5 Corporate Plaza, 3625 NW 56<sup>th</sup> Street, Room 204, Oklahoma City, Oklahoma, 73112.**

**Award Notification:** Tribal Head Starts will be notified of their selection by **May 24, 2003**.

### **Program Components**

***Sleep Safe* Coordinators Training Workshop:** This workshop is tentatively scheduled for August 3-4, 2004, in Minneapolis, Minnesota. Costs (airfare, per diem, lodging) associated with this training session will be covered by the Sleep Safe project. All Sleep Safe Project Coordinators and IHS/Tribal Environmental Health staff will be required to attend this training.

**Smoke Detectors:** Each participating Head Start will receive 10-year lithium battery photoelectric smoke alarms. The number of smoke alarms provided to each Head Start site will be based on the identified need for smoke alarms, as described in the Letter of Interest.

**Timeline:** The Sleep Safe Head Start sites will be encouraged to use the training lessons conducted in August to begin their activities during National Fire Prevention Week, October 3-9, 2004. Sleep Safe Program activities are expected to continue throughout the 2004-2005 school year. All smoke alarms provided by the Sleep Safe program should be installed by the end of the 2004-2005 school year.

March 29, 2004

Dear Head Start Program Grantee,

The American Indian Head Start Programs Branch, Indian Health Service and the United States Fire Administration are collaborating on a joint effort to implement a Year 2004-05 special initiative entitled “*Sleep Safe*”. The need for the *Sleep Safe* campaign is easily shown by data from the Centers for Disease Control which revealed that fire and burns were the #1 cause of injury deaths for American Indian children ages 1-4.

As you know, many young Native children from rural areas are Head Start participants and these children also happen to be the population that runs the highest risk for fire and burn injuries. The Tribal Head Start programs have a history of teaching prevention and safety measures to preschool age children. They also have the support and encouragement from Indian families. Both of these elements are needed in making this campaign achieve its goal of insuring that every Indian child goes to bed in a home with a working smoking detector.

Fire and burn injuries are predictable and most can be prevented. The best defense is a working smoke alarm because it provides an early warning and allows for time to escape. The *Sleep Safe* program is an opportunity to educate parents and children about the need to have a working smoke alarm in their home through the Head Start program and will provide smoke alarms for Head Start families.

The primary component of *Sleep Safe* is the Fire Safety Curriculum Module, which is a tool for Head Start programs to use to educate and inform parents and children about fire safety. The Module is prepackaged for convenience and includes fact sheets, educational handouts, a child education curriculum, sample press releases, and information about proper care and installation of smoke alarms. In addition to the Module, a training session will be provided in August 3-4, 2004 in Minneapolis, Minnesota, to help educators more easily and quickly distribute the information and detectors.

We have the opportunity to protect the children from these injuries. I hope that you will participate by completing a letter of interest (see attachment for requirements) so that your Head Start program can take advantage of this opportunity to protect the children’s health and well-being.